



Chief Peguis Trail Extension West Public Information Session

The City of Winnipeg invites you to attend a public information session regarding the Chief Peguis Trail Extension West from Main Street to Brookside Boulevard.

Date: Thursday, June 6, 2017

Time: 4:00 p.m. – 7:00 p.m.

Location: Red River Community Centre, 293 Murray Ave.

Format: Drop-in (come and go)

For more information, visit us online at:
winnipeg.ca/ChiefPeguisTrail

For those who require alternate formats or ASL interpretation in order to participate, please contact David Jopling at 204-943-3178 by May 30.

Winnipeg metro

Your essential daily news | TUESDAY, MAY 23, 2017

High 21°C/Low 9°C Sunny

Elizabeth Ward says she helped collect over 100 signatures to show people that support for the camp is much bigger than it seems at first glance. KEILA DEPAPE FOR METRO



'NOT GOING ANYWHERE'

Camp to support MMIW stays strong despite floods, **metroNEWS**

HORROR IN MANCHESTER
**19 DEAD,
50 INJURED
IN CONCERT EXPLOSION**

metroNEWS

Province wanted at housing roundtable

CITY COUNCIL

Gerbasi says city must capitalize on \$11.2B commitment to national strategy


Braeden Jones
Metro | Winnipeg

A "real lack of affordable housing" could soon be at the middle of a roundtable and the top of decision-makers' minds in Winnipeg.

At Wednesday's city council meeting, elected officials will consider inviting the province to form a "housing roundtable," which would unite stakeholders interested in improving the city's housing stock, specifically at the affordable end of the spectrum.

"The idea is to have the people who are working in the field ... representatives from the provincial civil service, city public service, as well as non-profit and for-profit housing developers and advocates at the table," said Coun. Jenny Gerbasi, who has been pushing the motion along for more than a year.

She believes an affordable housing deficit visible across the country has been

evident in Winnipeg. "It's a national issue, but here we see a real lack of affordable housing, and a high need for social housing and affordable rental housing," she said.

Gerbasi noted the federal government's 2017 budget commitment to allocate \$11.2 billion towards a national housing strategy adds timeliness to the roundtable idea.

No specific details on funding rollout have been announced yet, but Gerbasi said she wants to be ready. "There's a real opportunity here with significant federal funding that's been put on the table.... We want to be ready with ideas and plans."

With the support of her council colleagues, the motion being considered Wednesday would invite the provincial minister of families, Jay Rodgers, to establish the housing roundtable, "to share information and ideas on issues and opportunities related to development and provision of affordable housing in Winnipeg."

Affordable housing advocate Josh Brandon applauded the effort, saying it would also help the city develop "a comprehensive policy on affordable housing," something he said Winnipeg is missing compared to other comparable municipalities.

"We're at a stage in Winnipeg's history where we are doing a lot of development," Brandon said, adding it "would be a real missed opportunity the city could suffer from for generations" if that development doesn't include housing for all.



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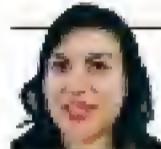


Pride 30 FOR 30

Officer open to dialogue

LGBTQ

Gay service member 'hurt' by comments on parade presence

 **Jessica Botelho-Urbanski**
Metro | Winnipeg

Tracy Patterson starts each of her LGBTQ awareness sessions by asking police officers to raise their hands if they have friends or family members who identify under the acronym.

A gay police officer herself, Patterson has been out during her whole 10-year tenure with the service.

Sometimes, an officer won't raise their hand, in which case she pays special attention to them during training.

Patterson hopes by the end of the session, they raise their hand to acknowledge her as family.

"I always look at them and I make it so personal and (say), 'I'm your sister now. I'm your family. If we are out in the street and we're partners working together, I'm your sister,'" she said.

Patterson said the police service mandates diversity training

for all its recruits, which includes learning how to sensitively communicate with minorities, LGBTQ people or new Canadians.

She instructs officers to ask community members which pronouns and names they prefer. She often includes aspects of her personal history in training as well.

When Patterson came out at age 18, her Baptist mother wasn't accepting and forced her to leave home. She got three jobs to sustain herself, including bussing tables at Club 200 and working at a video store. After more than a year, her mother came around and accepted her back at home. She later worked as a hospital housekeeper and an artist, but struggled to find a sense of purpose at work. So she joined the police at age 30 and achieved that goal.

In 2013, Patterson joined the community relations division and organized the first police float at the Pride Winnipeg parade. Normally police worked security and conducted traffic at Pride, but that meant not everyone realized the officers explicitly supported the event until they had a float themselves, Patterson said.

Pride and members of the public are still mulling whether ununiformed police should march



Tracy Patterson works with the Winnipeg Police Service in the community relations division, teaching LGBTQ sensitivity courses. JESSICA BOTELHO-URBANSKI/METRO

in the parade this year, after some members of the LGBTQ community said police presence makes them feel unsafe.

"I think for me realizing that people felt that way — because it had never been brought up before in that manner — I think it hurt me," Patterson said.

"I think I was more hurt and taken aback. But that opens the

door for dialogue and I just want people to know that the service is so open to it," she said. "The next steps are going to be huge (and) going to be awesome."

What's your favourite Pride moment?

"My favourite moment was in 2013 when the Winnipeg Police Service put a cruiser car in

the parade. The reaction from the onlookers was amazing and positive, but one particular moment stands out and that was when an elderly woman in her 70s hugged me and with tears in her eyes said, 'I would have never seen this in my day!' It was at that moment that I knew how important visibility of the police in a support role meant to people."

Why was Pride important 30 years ago?

"It was important because that was the civil rights movement of that time. Our community came out with strength and courage to be visible, which started the movement towards equality and began the long process against discrimination. I feel that because of these courageous people, I can be the proud, out police officer that I am today."

Why is Pride important today?

"It is important because it is the civil rights movement of today. I feel the strides that have been gained over the past years were slow, but forward. I am proud to say that I am part of this community and we can make further strides together to support those who still struggle and feel marginalized to this day. A positive sign is Bill C-16."

Pride needs volunteers

 **Braeden Jones**
Metro | Winnipeg

The Winnipeg Pride Parade route is going back to its roots, but needs more volunteers to make sure it goes off without a hitch, so is seeking help just days from the festival's launch.

Over the weekend, Winnipeg Pride festival organizer Jonathan Niemczak put out a call for more volunteers as he's yet to drum up 100, a number he said is higher than average but is mostly for "parade marshalling."

"We need more volunteers to support the police presence... from a safety standpoint we want to make sure we have enough marshals doing crowd control, making sure they're (spectators) aren't running into the parade," he said.

"We need more volunteers along the route to make sure there's no gaps."

As well, considering it's the festival's 30th anniversary, Niemczak said he's expecting more spectators along the parade route, especially near Portage and Main, where Winnipeg Pride's parade hasn't trekked since its earliest days — something he's especially excited to see happen on June 4.

"It's huge, it's our iconic intersection, and this doesn't happen often," he said.

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REFLECTION

Grand Chief's walk honours resilience

A Manitoba Indigenous leader plans to walk 120 kilometres next month in a decidedly different commemoration of Canada's 150th birthday.

Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs, said his Walk to Remember is to celebrate the resilience of Indigenous people in the face of what has happened to them since Confederation.

"We don't have a lot to celebrate when it comes to 150 years of assimilation and genocide and marginalization," Nepinak said.

"We have more to reflect upon the resilience of our families, the strength of our communities and nations of Indigenous people in light of this."

Nepinak plans to walk from the site of a former residential school that his mother at-

tended in Dauphin, Man., to his home community — Pine Creek First Nation — where another residential school once stood.

Nepinak's decision follows deliberations at a recent assembly conference at which elders declared they would not be celebrating Canada 150.

Along with a number of supporters, Nepinak plans to cover the 120-kilometre distance over four days starting June 16.

"We feel that this is going to be a healing process for many of us." THE CANADIAN PRESS

We feel that this is going to be a healing process.

Derek Nepinak

CULTURE

Canada 150 ambassador gives native perspective

Actor Adam Beach is walking a fine line after agreeing to be an ambassador for the federal government's Canada 150 celebrations.

Beach, who overcame a troubled childhood on the Dog Creek reserve in Manitoba to star in Hollywood blockbusters such as *Flags of Our Fathers*, feels he should help pay tribute to a government that funded some of his films, and his film school for Indigenous students in Winnipeg.

But he also feels in celebrating Canada, the mistreatment of Indigenous people is often downplayed or ignored outright — something he could help change.

Beach, 44, is one of 150 people who have been selected to help promote the sesquicentennial

of Confederation. He sees his role as helping to balance the story of the country's history to make sure the dispossession of Indigenous persons and impacts of residential schools are not forgotten.

His film school in Winnipeg — the Adam Beach Film Institute — trains Indigenous students in all aspects of filmmaking.

Eventually, he'd like to see Indigenous artists put forward their own perspective in everything from documentaries to comedies.

"It's going to take years for us to do that, but when we join forces like this — and in the future have our own independent film fund to support our young filmmakers — we will have a voice that the world will recognize." THE CANADIAN PRESS



Kimberly Kostiuk, second from left, and her boyfriend, far right, are camping at Memorial Park to raise awareness of missing and murdered Indigenous women. KEILA DEPAPE/FOR METRO

Building a fire that will not be doused

MISSING WOMEN

Even flooding won't end camp that is protest and celebration

Keila DePape
For Metro | Winnipeg

The camp is flooded, food is scarce, but the sacred fire is going strong in its second week at Memorial Park.

Inside a tent that sags from heavy rain, Kimberly Kostiuk said she's "not going anywhere."

Kostiuk pitched a tent across from Manitoba Legislature over a week ago to raise awareness about missing and murdered Indigenous women and girls, and has since been joined by a handful of family and friends.

Kostiuk's own daughter was murdered in 2000, but she said she won't be sharing her story at the national inquiry's family hearings that have been delayed until fall.

"I chose not to open that wound again," said Kostiuk, whose goal is to meet with NDP MLA Nahanni Fontaine.

In an open letter published last week, inquiry commissioners apologized for having "not communicated its work in a clear and timely fashion."

We need this, we need ceremony.

Jamie Hoover

and promised to make mental-health supports available at advisory meetings to "ensure a trauma-informed process."

Camp supporter Brian Haines-Cooke plans to testify.

"It's scary," said Haines-Cooke. "I worry about my fiancée walking down the street — and to have that in the back of my mind for the rest of my life..."

His fiancée, Elizabeth Warren, said the camp has been "very ceremonial" and even celebratory. On Saturday, about 200 people gathered for the wedding of Kostiuk's niece.

The rain cleared just as a car pulled up to the camp.

"I'm bringing some soup and bannock to show support," said Jamie Hoover, who brought along her son and two drums.

"As Indigenous people we don't always have the best connections in media or politics, so we have to do things in the way that we know how. We need this, we need ceremony."

The final report of the Inquiry into MMIWG is scheduled to be completed by Nov. 1, 2018.

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metro 15

Cacayuran has the 'passion' to win

BYELECTION

Safety, housing and poverty priorities for Liberal's pick

Keila DePape
For Metro | Winnipeg

As John Cacayuran stands on the edge of a wet lawn, a man shouts from his window on Mountain Street that he is tired of politicians.

The crier says he cares about education and health care, but has no time to open his door to politicians or would-be politicians. Cacayuran, the Liberal candidate in the Point Douglas area's byelection, hears him out from the front lawn.

"The biggest thing is to hear from them," said Cacayuran while out canvassing on a rainy Monday morning. "We've been hitting the streets, talking to as many people as we can, whether it's -40 C or 18 C."

On those door-knocking days, Cacayuran says he can see the concern over safety in Point Douglas is at the front of people's minds.

"At 7 p.m., parents are telling their kids to come inside, and that's sad," said the father of two.

If elected, Cacayuran promises to support community organizations like Bear Clan and Mama Bear Clan, "giving them more tools and training to expand their scope in the community."

says NDP leadership hasn't done enough.

"They've had 17 years to fix the problems in Point Douglas, and it hasn't happened."

Cacayuran holds a Criminal Justice degree from the University of Winnipeg, worked at the Manitoba Gaming Control Commission for many years, and most recently worked as a staffer for Liberal MP Maryann Mihychuk.

At campaign headquarters on Selkirk Avenue, Mihychuk says Cacayuran has the "passion and interest" to succeed in the election on June 13 and gain official Liberal party status.

+ FAVOURITES

Three things to know about John Cacayuran:

- **Favourite hidden gem in Point Douglas:** The People's Library

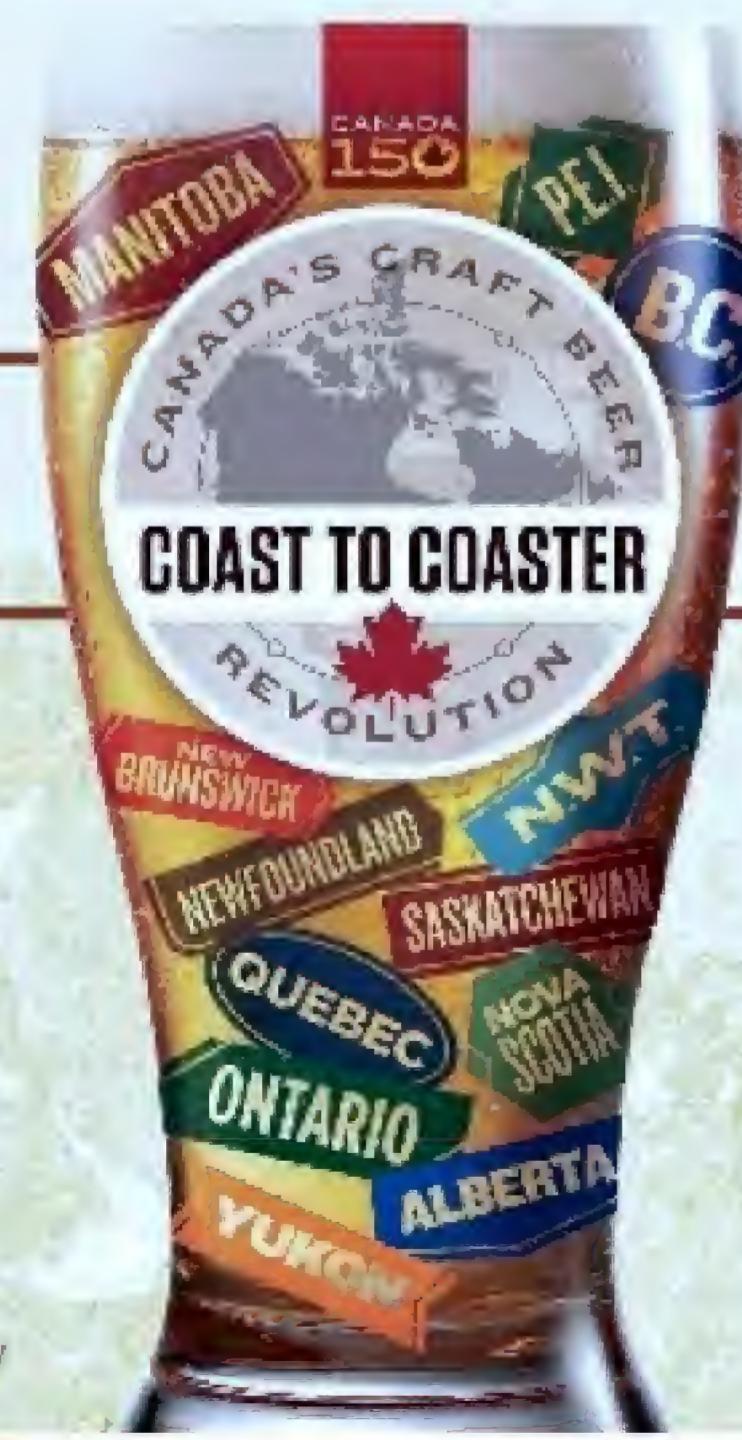
- **Favourite TV show:** Jays in 30

- **Favourite restaurant:** Ginza Sushi

At 7 p.m., parents are telling their kids to come inside, and that's sad. John Cacayuran



Liberal candidate John Cacayuran waves at passing cars while canvassing in the rain on Monday morning with a team of about 40 volunteers. KEILA DEPAPE/METRO



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Police treat blast as terror attack

INVESTIGATION

At least 19 dead in Manchester as explosion rocks concert

An explosion struck an Ariana Grande concert in northern England late Monday, killing at least 19 people and injuring dozens in what police say they are treating as a terrorist attack.

Greater Manchester Police said 19 people were confirmed dead and roughly 50 were injured by the explosion at Manchester Arena. Emergency vehicles were helping the injured and bomb disposal units were later seen outside the venue.

There was mass panic after the explosion at the end of the concert, which was part of Grande's The Dangerous Woman Tour. The singer was not injured, according to a representative.

Britain's terrorist threat level has been set at "severe" in recent years indicating an attack is highly likely. Police said the



Police are treating a deadly explosion Monday evening at England's Manchester Arena, where Ariana Grande had performed, as a terrorist attack. GETTY IMAGES

explosion is being judged a terrorist attack unless new information proves otherwise.

Witnesses reported hearing

two loud bangs coming from near the arena's bars at about 10:35 p.m. but there were few further details.

"A huge bomb-like bang went off that hugely panicked everyone and we were all trying to flee the arena," concertgoer

Majid Khan, 22, told Britain's Press Association. "It was one bang and essentially everyone from the other side of the arena

where the bang was heard from suddenly came running towards us as they were trying to exit."

Added Oliver Jones, 17: "The bang echoed around the foyer of the arena and people started to run."

Video from inside the arena showed concertgoers screaming as they made their way out amid a sea of pink balloons.

Police advised the public to avoid the area around the Manchester Arena, and the train station near the arena, Victoria Station, was evacuated and all trains cancelled.

Joseph Carozza, a representative from Grande's U.S. record label, said the singer is OK and they are investigating what happened.

The Dangerous Woman Tour is the third concert tour by Grande and supports her third studio album, Dangerous Woman. The tour began in Phoenix in February. After Manchester, Grande was to perform at venues in Europe, including Belgium, Poland, Germany, Switzerland and France, with concerts in Latin America and Asia to follow.

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Canadian officials weigh in, offer condolences for victims

Canada's public safety minister is expressing concern about what he is calling the "brutal attacks" in northern England.

Public Safety Minister Ralph Goodale took to Twitter to say his thoughts and prayers are with the victims and their families.

He says all Canadians "stand firm" with the British people.

Toronto Mayor John Tory also took to Twitter to say that the

city stands in solidarity with the people of Manchester. Ontario Premier Kathleen Wynne said in a tweet that she is "horrified" by the loss of life in the British city.

Ottawa is advising Canadians in the U.K. to avoid the affected area in Manchester. Canadians there are also being advised to contact Global Affairs if they require emergency assistance.

Meanwhile, British Prime Min-

ister Theresa May said the government is working to establish "the full details of what is being treated by the police as an appalling terrorist attack."

She said her thoughts are with the victims and the families of those who have been affected. The government is expected to call an emergency Cabinet meeting. THE CANADIAN PRESS; THE ASSOCIATED PRESS

POLITICS

Flynn rejects Trump-Russia probe subpoena; Democrats say he lied

President Donald Trump's former national security adviser, Michael Flynn, invoked his Fifth Amendment right against self-incrimination in rebuffing a subpoena Monday in the investigation into Russia's election meddling. Then a top House Democrat cited new evidence he said appeared to show Flynn lied on a security clearance background check.

With Trump himself in the Mideast on his first foreign trip as president, investigations into Russian interference in the 2016 campaign showed no sign of slackening in Washington. Flynn's lawyers claimed an "escalating public frenzy" against the former aide justified declin-



Former national security adviser Michael Flynn AP

ing the subpoena for his records.

The attorneys told the Senate intelligence committee Flynn will not turn over personal documents sought under the congressional subpoena nor otherwise comply as part of its investiga-

tion. Hours later, Rep. Elijah Cummings, senior Democrat on the House oversight committee, cited what he said were inconsistencies in Flynn's disclosures to U.S. investigators in early 2016 during his security clearance review.

Cummings said Flynn appeared to have lied about the source of a \$33,000 payment from Russia's state-sponsored television network, failed to identify foreign officials with whom he met — including Russia's President Vladimir Putin — and glossed over his firing as chief of the Defence Intelligence Agency during the Obama administration. THE ASSOCIATED PRESS

Litigating climate

ENVIRONMENT

Companies, governments may be sued for inaction

Eight hundred million dollars: That's the potential price tag of the rising ocean in Vancouver. The city needs a new storm surge barrier to stop flooding if, according to municipal planners, sea levels climb by one metre this century due to climate change.

When discussing this scenario last fall, Vancouver Mayor Gregor Robertson said something that made Andrew Gage perk up and listen from his law office in Victoria. "There are direct costs to our taxpayers, but this is not an act of God," Robertson reportedly said. "This is tied directly to human activity."

Translation for Gage: Maybe it's not just Tracy and Tom Taxpayer who should be on the hook for the new storm barrier. Maybe whoever is to blame for the rising ocean should fork over some cash. That's the idea behind an emerging front in the



Residents sit in a truck after the government implemented evacuations at Barangay Matnog, Daraga, in the Philippines on Dec. 25, 2016, due to an approaching typhoon. Climate change is being blamed for extreme weather conditions. GETTY IMAGES

battle against climate change. And environmental groups and legal teams around the world are looking to the courtroom as their theatre of war. The term for it is "climate change litigation." The legal field is in its infancy, but many feel it will inevitably make an impact, given the estimated costs of new infrastructure and economic disturbances expected from climate change. A 2012 report from the Climate Vulnerable Forum pins the global cost at \$1.2

trillion in 2010, a figure they predict will quadruple by 2030.

Policy Horizons Canada, a government department that predicts possible challenges for the public service in the coming 10 to 15 years, published a paper in April that warned of future court challenges over climate change. The paper outlines how large emitters like oil and gas companies, as well as governments, could be taken to court over alleged inaction on climate change. TORSTAR NEWS SERVICE

In a statement, a spokesperson for the federal environment ministry said the government wouldn't speculate on hypothetical legal matters. However, the statement said that a government roundtable predicted in 2011 that the economic impact of climate change on Canada could reach \$5 billion per year by 2020 and between \$21 billion and \$43 billion per year by 2050.

Climate litigation is happening in other parts of the world. One frequently cited case involved an environmental group, Urgenda, which took the Netherlands to court over its allegedly lacklustre emissions reduction targets. In 2015, a Dutch court ruled in favour of Urgenda and found that the government must do more to curb emissions because of "its duty of care to protect and improve the living environment."

There is also a case in the Philippines involving Greenpeace, which is arguing that the world's largest oil companies are violating the human rights of local people because of the rising incidences of extreme weather, such as the 2013 storm that killed thousands and caused billions of dollars in destruction. TORSTAR NEWS SERVICE

JUSTICE

Abella takes aim at 'narcissistic populism'

One of Canada's top judges has made an impassioned plea to the graduating class of law students at an American university to stand against injustice fuelled by "narcissistic populism."

In a speech that took aim at the actions and words of the sitting U.S. president, Supreme Court Justice Rosalie Abella did not once utter the name of Donald Trump. Yet Trump's feuds with judges who have halted his planned travel bans from predominantly Muslim countries, the ongoing fallout from his firing of former FBI director James Comey, and his populist policies ran through Abella's keynote address at a graduation ceremony. Abella told the graduating class at Brandeis University,

west of Boston, Mass., that she has become worried about the state of justice in the world decades after the Second World War.

After the war, countries committed themselves to the "promotion and protection of values designed to prevent a repetition of the war's unimaginable human rights abuses," she said.

Abella said that commitment has been "shattered by narcissistic populism, an unhealthy tolerance for intolerance, a cavalier indifference to equality, a deliberate amnesia about the instruments and values of democracy that are no less crucial than elections and a shocking disrespect for the borders between power and its independent adjudicators." THE CANADIAN PRESS

IN BRIEF

Trump top of mind for Trudeau, world leaders

PM Justin Trudeau heads to Europe for the NATO and G7 summits, where global leaders are trying to figure out exactly how the world works now that U.S. President Donald Trump is at

the table. "Predicting what this president does would be virtually impossible," said David Perry, an analyst with the Canadian Global Affairs Institute. "Fireworks would be the baseline expectation of some sort."

THE ASSOCIATED PRESS

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BLUEPRINT by David P. Ball/Metro

Reframing the road

Bike Month is upon us in much of the country, the perfect time for Canada's cities to put their "bike pedal" to the metal — and shift gears to improve cycling. Unlike many of their European counterparts, Canadian city plans often relegate bikers to second-class commuters. But there's no lack of fixes to move cycling from overlooked to a celebrated (and, in turn, safer) way to move around town.



'Idaho stops'

It's been 35 years since Idaho passed a law that's inspired cities elsewhere: it allows cyclists to save energy by treating stop signs as a "yield," and red lights as "stop signs" requiring a full halt before proceeding.

THE IDEAL BIKE PATH

How a road designed for bikes, and not just cars, might look.



Floating cycle roundabouts

Pioneered in the Dutch city of Eindhoven, the space-age-looking "Hovenring" makes crossing four-or-more street intersections a breeze, keeping cyclists moving at all times by bypassing the crossroads altogether.



'Dutch junctions'

Common in the Netherlands but yet to seriously hit the pavement here, these "protected intersections" feature raised refuge "islands" at the four corners of intersections where cyclists can wait — in plain sight — for their turn to cross unimpeded. And they can also include raised waiting-points halfway across for cyclists to make crossings in two steps.



Bike skyways

As part of Copenhagen, Denmark's goal of being the most bikable city in the world it's built the "Cykelslangen," or Bicycle Snake. The raised bikes-only bridge through downtown allows cyclists to avoid traffic altogether, moving safely above the streets.

'Intelligent' traffic signals

Some Danish cities have special traffic lights that prioritize cyclists over motorists on busy routes. Not only do they give bikes a head-start, keeping cyclists flowing, but at peak-hours they're timed to synchronize at an average cyclists' pace, lowering the number of stops en route.



PUBLIC WORKS The week in urbanism



ON THE LINE

Cycling advocates in San Francisco are putting their bodies on the line to protect one another. Twice this month, dozens of people donned yellow shirts and held hands to form a human chain to separate the bike lanes from vehicle traffic.

ACROSS THE SEA

A shipping container filled with Dutch bikes is making its way from Europe to Winnipeg to promote cycling in Canada. The Plain Bicycle project arranged to bring 140 used bikes — and their spirit — to our shores.

CITY CHAMP Metro's city builder of the week



Tom Babin is the "cyclist in chief" at Shifter, a website dedicated to urban cycling news. The Calgary-based writer and bike booster is a true Canadian two-wheel inspiration, authoring a book about winter biking called *Frostbike*.

@TomBabin

METRO CITIES CYCLING SHOWDOWN by David P. Ball/Metro

Canada's cities are cranking up their efforts to be "bike friendly," but actually comparing those efforts side-by-side is surprisingly difficult. Metro set out to make our own — albeit subjective — report card ranking our most bikable cities.

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| Protected bike lanes | 7% | 0.7% | 2% | 1% | 1.7% | 0.55% | 0.9% |
| Bike paths/trails per capita | 52 km/100K | 73 km/100K | 30 km/100K | 57 km/100K | 15 km/100K | 69 km/100K | 79 km/100K |
| Additional support infrastructure for cyclists | 1,500 bike shares at 150 stations; 40 lockers at transit hubs; roadside tire pump. | 436 new bike racks; lockers at LRT stations; downtown cycle track. No bike share — yet. | Some bike racks; protected lanes removed; Downtown Bike Network opening Aug. 26. | Bike repair stations at libraries and parks; underground parking; bike racks. But numerous potholes . | 2,000 bike shares at 200 stations; bike repair stations at 30 transit hubs. | 300 bike shares at 28 stations; 13 bike repair stations; 1,500 parking racks ; three parking corrals . | 12 bike tune-up stands ; secure bike lockers at four transit hubs; bike stands on local ferries. |



Ashley Aseltine's wedding was called off, so she wore her dress to a Zombie walk. TORSTAR NEWS SERVICE

Ashley Aseltine had the ring on her finger, dress in her closet, and "save the date" magnets on friends' fridges.

But seven months before the big day, she didn't have a fiancé.

"He ended it," said Aseltine, 31. "It stung. Everything kind of stung for a really long time."

The December 2013 split ended their 12-year relationship and year-and-a-half engagement. The next weeks were a painful blur during which Aseltine leaned on family and friends for support.

Once they were certain she and her ex wouldn't proceed with their June nuptials, her dad and uncle broke the news to relatives.

Everything kind of stung for a really long time.

Ashley Aseltine

Then she got to work, calling the vendors and notifying friends and tucking the ring and the dress away in corners of her apartment.

The \$600 silk, floor-length gown wouldn't resurface until three years later when she would run over it with a car, drench it in fake blood and wear it as a costume for a Halloween Zombie walk.

For soon-to-be brides and grooms who call off their wed-

ding, there's the immediate heartbreak that comes with losing someone you planned to spend your life with.

Then there's the logistical nightmare of having to unplan one of the most important events of your life — breaking the news to everyone from your grandma to your gynecologist, swallowing lost deposits, fielding prying questions and fighting stigma in the process.

"It almost seems less taboo to get divorced than to call off a wedding," said Natalia Juarez, a Toronto-based breakup coach.

Whereas some people think, "at least you tried," when divorce quickly follows nuptials, calling off a wedding entirely is regarded as "giv-

\$ WHAT NEXT?

The dress

You could sell it, donate it, or burn it, Juarez said.

The venue

The venue may refund your deposit. If not, suggest an alternative use for the space, such as a party.

The alcohol

Drink it. Not all at once. With cases of wine on hand, you may never have to go to the liquor store again. Or try to return them.

The gifts

Generally, return gifts to the gift-giver, or, if opened, offer equivalent monetary value. However, some friends may want you to put them toward starting your new life, as Aseltine's friends did.

The flowers

If you're going to lose your deposit, consider alternative uses for your flowers. One idea is to send flowers to the friends who helped you get through the tough times, Juarez said.

The future

Practise radical self-love and self-care, grieve, and move forward with your life, Juarez said.

ing up too soon," she said, noting that divorce is also talked about more openly than broken engagements.

Juarez said those who call it off usually feel it was the right decision years later.

But she's spoken with clients who saw red flags, but didn't want to call off the wedding for fear of letting down their family or spouse-to-be.

"Everyone was so excited

Burn the dress

What to do when the wedding is off

they felt like they couldn't disappoint," she said. "(Brides and grooms) are emotionally and financially invested and so are their families and social communities."

Lauren Hughes, owner of Lauren Hughes Events Co. in Toronto, said undoing the hard work that goes into planning a wedding comes with sensitive challenges and a time crunch.

"Things need to be dealt with pretty quickly . . . especially if your invites have gone out," Hughes said.

Then comes dealing with the financial blows.

"You have a lot of deposits that are typically not refundable," said Rebecca Chan, owner of Rebecca Chan Weddings and Events in Toronto.

As for Aseltine, she looks back on her breakup without anger or regret. She's now friends with her ex. They play on the same softball team.

But dismantling her wedding was frustrating — and pricey.

Her friends encouraged her



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to put the money from the couple's Jack and Jill party toward recouping lost deposits for key elements, such as the venue and the photographer, but she still ended up more than \$3,000 out of pocket.

The ring, she kept. Her ex never asked for it back.

"There's so much that I've thrown out or gotten rid of that had to do with our relationship," said Aseltine, for whom the "small and simple" piece of jewelry served as a token of what they shared. "It was a really important relationship . . . I don't want to forget that."

TORSTAR NEWS SERVICE



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PLAID FOR DAD metro focus on prostate cancer**“That fight was finally over”**

Megan Skead, 25, lives in Edmonton. Her father died of prostate cancer.

“The mourning process pretty much started the day that he was diagnosed. And then it was almost a relief when he passed away, because the amount of pain that he was in, and that struggle and that fight, was finally over for him. I guess the biggest thing that

changed since that was just, you know, you don’t take life as much for granted. And I’m very thankful for the family that I do have still, because they are the rock in my life. So, it definitely made me a lot more appreciative of the relationships that I have, and not to squander those or let them just pass by. Because you really don’t know how long you may or may not have.”

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father’s Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

21,600

In 2016, an estimated 21,600 Canadian men were diagnosed with prostate cancer.

Source: Canadian Cancer Society, 2016

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MORTGAGES**It's likely the largest debt of your life, so make it easier**

Gail Vaz-Oxlade
For Metro Canada

In these days of record-high housing prices, there's no doubt that your mortgage is likely the single largest debt you'll ever take on. And if you take a mortgage for \$300,000 at an average rate of five per cent and pay it off over 35 years, you'll end up paying \$331,789.91 in interest. Wow!

There are three easy ways to significantly reduce the amount of interest you end up paying and the time it takes to get to mortgage-free.

First, choose an accelerated payment frequency.

Most mortgages come with a vanilla-flavoured monthly payment. If you want to speed things along, choose the mocha version: an accelerated weekly payment. Using this option, you'll end up making one extra payment directly against your mortgage each year. One extra payment? What's the big deal? The big deal is that it'll save you \$70,003.63 in interest. That's gotta be worth the extra 30 bucks or so you'll have to come up with each week, don'tcha think?

Second, shorten your amortization.

The shorter your amortization, the more you have to come up with for each payment, but the less you'll pay in interest overall. If you shorten a 35-year amortization to 30 years, you'll save \$55,430.90 in interest. Go with a 25-year amortization and save \$108,345.42. But that'll mean higher monthly (or accelerated weekly) payments. If you

can't swing the higher monthly payments every month? Then...

Third, make a principal prepayment against your mortgage.

Most mortgages come with the flexibility to make an annual prepayment. It usually runs between 10 and 20 per cent of the original mortgage amount. So on a \$300,000 mortgage you could make somewhere between \$30,000 and \$60,000 principal pre-payment, assuming you could come up with the money.

Getting a bonus? Just got a raise? Inherited some money? Now you know what to do with your windfall!

But you don't have to come up with a huge amount for the principal prepayment to work for you. You know that RRSP contribution you made that resulted in the \$3,200 tax refund? Slap that sucker against your mortgage each year and you'll save \$112,348.58 in interest on that 35-year mortgage.

The next time you "save" money on anything you buy (you are such a smart consumer!), put the money you saved in a jar. When you get to \$25, deposit it to a high-interest savings account. Then, when you're closing in on your mortgage anniversary, make a prepayment.

By the way, when your mortgage comes up for renewal, that's the perfect time to slap some extra money against your principal and save in the long run. While you're at it, consider rounding up your payment from the weird \$1,473.82 to a nice, even \$1,480 or even \$1,500.

The Financial Consumer Agency of Canada has a mortgage calculator tool that you can use to run your own scenarios to see just how much you can save on your mortgage. Playing with the numbers might help you focus on a goal that will see your mortgage paid off sooner.

For more money advice, see Gail's website at gailvazoxlade.com

BILL COSBY TRIAL

Race, gender, fame all Cosby jury issues

One-third of the potential jurors questioned in Bill Cosby's sex assault case Monday said they've formed opinions about his guilt or innocence, and 35 of the 100 people questioned said they or a family member or close friend has been the victim of a sexual assault.

Jurors are being selected this week in Pittsburgh for the trial that begins June 5.

The case against the once

wildly popular actor-comedian has attracted worldwide publicity that the judge hopes to shield from jurors during the trial.

The initial questioning Monday suggested it may take some time to find an unbiased jury. Judge Steven T. O'Neill was expected to question people individually throughout the afternoon.

"No one should make an ef-

fort to be on this jury, and no one should make an effort to not be on this jury," he told the group.

Lead lawyer Brian McMonagle had earlier said he hoped an unbiased jury could be found fairly quickly this week. He said Cosby was "looking forward" to getting the process started. Cosby has said he does not expect to testify.

The trial will take place in

Norristown in Montgomery County, where Cosby invited Andrea Constand to his home in 2004. She said she went seeking career advice, and that Cosby gave her wine and pills that put her in a stupor before molesting her on his couch.

Cosby, in sworn testimony, has said he put his hand down her pants, but said she did not protest.

The judge plans to bring 100 potential jurors to the courthouse each day this week until a dozen jurors and six alternates are found. The first group in-

cluded 53 women and 47 men, and 16 people of colour.

In answering questions, 34 said they had formed an opinion about Cosby's guilt or innocence; 25 said they would have trouble being fair because of the nature of the charges; and 14 said they had a pre-conceived notion that would prevent them from deciding the case fairly.

THE ASSOCIATED PRESS



Gypsy Rose and Dee Dee Blanchard, the subjects of *Mommy Dead and Dearest*. CONTRIBUTED



JOHANNA SCHNELLER
WHAT I'M WATCHING

Why did nobody say anything?

THE SHOW: *Mommy Dead and Dearest*, HBO

THE MOMENT: Dee Dee's parents

So far in this harrowing documentary, we've learned that, for years, Dee Dee Blanchard, perhaps suffering Munchausen by proxy syndrome, kept her daughter Gypsy Rose ill (by force-feeding her medications) and in a wheelchair, though she could walk; and that Gypsy and a boyfriend murdered her.

We meet Claude Pitre, Dee Dee's dad, and his second wife, Laura. They sit on chairs in their house, a riot of knick-knacks. They speak in thick Cajun accents.

"Dee Dee was a filthy person," Laura says. "If it didn't go her way she'd see to it that you would pay." Dee Dee once poisoned Laura by putting Roundup in her food, they say.

Then we meet Gypsy's cousin, a tattooed biker who says: "I figured one day Dee Dee would piss off somebody" and

be killed. "I thought it would probably be Gypsy."

If this has you screaming "So why didn't you help?", just wait until you hear from her legion of doctors. They all have their reasons for hurrying Gypsy along, for missing what was right in front of them. Many feel terrible regret. But no one protected this girl; that's the message director Erin Lee Carr communicates loud and clear.

True crime docs need lurid details and this one has plenty: the strangeness of Dee Dee's syndrome; the pathos of Gypsy's romantic fantasies. But the best ones show us the consequences when we fail one another. If you see something, please say something.

Mommy Dead and Dearest airs on HBO Canada from June 1 and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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metro

Only the best barley for these brews

BREWING

Craft beer goes old school with heritage crop

Owen
Roberts
Urban Cowboy



Ontario craft beer is taking a huge step forward, by taking a 100-year step backward.

Here, a storied, century-old Canadian heritage barley variety called OAC 21 is being reintroduced, especially for the craft beer market.

OAC stands for Ontario Agricultural College. The number 21 refers to this barley's row number in the research plot cultivated in 1903 at Guelph by Canadian crop breeding icon Dr. Charles Zavitz.

OAC 21 is ideal for small, specialized batches of craft beer, and for Ontario's particularly humid climate that toughs up cereal crops like barley.

"This is the first step toward revitalizing and re-establishing a viable malting barley production and processing industry in Ontario and Eastern Canada," says University of Guelph plant breeder Duane Falk, who has been pivotal to OAC 21's reintroduction.

Here's what's happening: as competition heats up, craft beer breweries are working harder to distinguish themselves and their products. Beer names have become clever and hip (see poll). And truly local ingredients — water, yeast, hops, and malted barley — are in high demand.

Brewers get even more excited about ingredients from heritage varieties. These are heirloom cultivars that faded



OAC 21 was once the industry standard malting barley. SIAN RICHARDS/FOR METRO

further development. And after considerable testing, OAC 21 was made available to farmers in 1910.

It turns out Zavitz picked a winner. Within two years, 98 per cent of Ontario farmers were growing it.

For the next 40 years, OAC 21 became the industry standard across Canada for barley used for beer production, called malting barley.

Eventually, time caught up with it, like it does with many plant varieties (they typically have a lifespan of about 10 years).

The country's population and beer intake was growing, and more productive varieties were needed to satisfy beer giants' increasing need for volume.

Now, fast-forward to 2017. Today's craft beer brewers aren't giants, and don't have the same needs for volume.

Their relatively small batches use only a fraction of the barley used by big companies.

As a result, they are quite happy with lower-yielding malting barley that grows well here and resists diseases.

Even better if it's a heritage variety, like OAC 21.

This spring, a field of OAC 21 is being grown in dry, warm, and sunny Alberta. That acreage is expected to provide brewers with enough OAC 21 malt to meet much of the demand in Ontario next year.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

So, Zavitz selected it for

Take our poll

Craft beers must have a catchy name. Tell us what your favourite is at metronews.ca

STANDING OUT
Breweries like Muddy York Brewing Co. are all about heritage. The company's tag line is "taste the past"



Duane Falk (right), accompanied by Muddy York Brewing Co. founder Jeff Manol.

SIAN RICHARDS/FOR METRO

THE FUTURE of FARMING

Nature's wet blanket

Humidity creates conditions in grain like barley that are ideal for plant fungus, molds, mildews, and bacterial infections. Think about what happens in your home if humidity builds up. Stubborn fungus and mould take hold. Because of the Great Lakes, farmers' fields in Ontario are subject to similar problems.

Craft beer is everywhere

Ontario now has a whopping 180 craft beer breweries. Another 50 are in the works. Thirty brew pubs have opened. In recent years, craft beer has been the fastest-growing segment within the LCBO's beer category, up 20-30 per cent a year. The annual economic impact in Ontario of the craft beer sector is at least \$600 million.



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TOP 150 FOR 150

Celebrating Canada's gifts to the world

Canada's deep space ambitions

Sean Plummer

Russia and America were first in space, but Canada wasn't far behind. It was back in 1961 that the Alouette 1 satellite was launched, and it was so technically sound that it lasted 10 years instead of the projected one.

Arguably our greatest contribution to the space race has been the Shuttle Remote Manipulator System, better known as the Canadarm. The mechanical arm allowed space shuttle pilots to deploy, maneuver and capture payloads.

Canada's interest in space

exploration has been boosted in recent years thanks to the media savvy of astronaut Chris Hadfield. The former fighter pilot helped install Canadarm2 in April 2001, and gained fame by documenting life on the International Space Station for followers worldwide. He even performed David Bowie's "Space Oddity" in space.

The next Canadian astronaut will be family doctor and physicist David St-Jacques who launches in November 2018. Looking to the future, the Canadian government has committed nearly \$380 million to develop technologies that will eventually see humans explore deep space.



Canada's interest in space exploration has been boosted thanks to the media savvy of astronaut Chris Hadfield. TORSTAR NEWS SERVICE

The long road ahead

Give it up for Yonge Street, the world's longest road! Kind of. While Canadian lore has it that Toronto's main thoroughfare is the longest road on the planet, the Guinness Book of World Records took that title away in 1999. The dispute lies in whether or not a portion of Yonge, aka Highway 11, that runs along the Ontario-Minnesota border is actually part of the same street. Yonge Street was originally a strategic military route for British troops. Until 1999, it was listed as being 1,896 km long. In our hearts, it still is.

SEAN PLUMMER



Luckily for these 10K runners, they aren't tackling the entire 1,896 km of Yonge Street. TORSTAR

We  our
doughnuts

It's true: Canadians consume the most doughnuts per capita in the entire world. Could Tim Hortons be the reason? The chain has more than 3,400 outlets nationwide, in downtowns, suburbs and at virtually every road stop along Canada's highways. Sure, they serve other foods, too, but a Timmies coffee and doughnut might as well be our national dish. Doughnut is its own food group, right?

SEAN PLUMMER



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metr SPORTS

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Sens in search of missing D

2017 NHL PLAYOFFS PITTSBURGH LEADS 3-2

Penguins hot on offence with 10 goals in last two games

Pasted on the door of the Ottawa Senators dressing room at Canadian Tire Centre is a big picture of the Stanley Cup. But without a victory in Game 6 of the Eastern Conference final, hopes of winning it for the first time in franchise history will evaporate.

The Senators will be facing elimination on Tuesday evening, trailing 3-2 to a Pittsburgh Penguins squad that "slapped" them 7-0 on Sunday afternoon.

"We can't be sitting in our mud puddle," head coach Guy Boucher said after practice on Monday afternoon. "We've got to get up and go."

Boucher has typically kept his team off the ice on off-days during the post-season, but opted



If we stay away from our strengths there's no chance.

Guy Boucher

In the latter in Pittsburgh on Sunday, the head coach thought his group got over-excited and tried to trade goals with a lethal offence, and by the end of the first period the Penguins had built a 4-0 lead. Boucher didn't

for a half-hour practice ahead of Game 6 to help his team "refresh" and "reload" after one of the worst losses in team playoff history. Players thought the practice, as well as an encouraging chat beforehand, helped wipe the slate clean.

The on-ice session didn't include captain Erik Karlsson, Derrick Brassard or Cody Ceci — all of whom exited the weekend debacle early with injury — but all are expected in the lineup for Game 6.

Reloading against an opponent vying for back-to-back Stanley Cups means reverting back to strengths of the club, Boucher said.

Ottawa squeezed the life out of Pittsburgh's attack in true Senators fashion during the opening three games of the best-of-seven series, but failed in dropping Games 4 and 5.



Sidney Crosby scored one of the seven goals in the Penguins' shutout of the Senators on Sunday in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

think it was wise to try to play like a team that scored more goals than any other NHL squad during the regular season.

Following the 7-0 loss, he said that everyone "on the planet" knew the defending champs were the better team and his group, as a result, required its "very, very best."

"If we stay away from our strengths there's no chance," Boucher said on Monday. "We're

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NBA PLAYOFFS

LeBron shows he's only human

LeBron James was nowhere to be seen, staying behind the scenes, keeping a low profile.

Just as he did in Game 3.

James did not address the media Monday, hours after one of the worst post-season games of his career, an 11-point, six-turnover, head-scratching atrocity in a 111-108 loss to the Boston Celtics that — for the time being — has made the Eastern Conference final interesting.



LeBron James
GETTY IMAGES

As is always the case with Cleveland's superstar, the poor performance prompted the usual speculation and suspicion: Is he hurt? Was he sending a message to his teammates? What in the name of Red Auerbach happened?

"It was a weird game," Cavs coach Tyronn Lue said. "A weird-feeling game."

And it was an uncharacteristically passive performance by James, who had scored at least 30 in eight straight playoff games and imposed his will on the overmatched Celtics in the series' first two games.

Though James accepted responsibility for the loss, Lue said that no one was pinning it on him.

"No blame. We're all to blame," Lue said. "We lost; it happens. For a guy who played great for five straight months, he's got to have a bad game sooner or later. He's human."

THE ASSOCIATED PRESS

IN BRIEF

Donaldson, Tulowitzki both in rehab action for Jays

The injury-riddled Toronto Blue Jays may be getting back two key players soon.

Third baseman Josh Donaldson and shortstop Troy Tulowitzki were slated to play for class-A Dunedin Monday night in a rehab assignment.

Donaldson, making his first rehab appearance, had been out since April 14 with a calf injury. The game was to be the fourth in rehab for Tulowitzki (hamstring). THE CANADIAN PRESS

CRIME

Indy 500 winners robbed at gunpoint



There goes that Taco Bell sponsorship we were working on.

Team owner Chip Ganassi

day's race. Police did not immediately disclose what was taken.

Two boys, ages 15 and 14, were arrested a short time later.

THE ASSOCIATED PRESS

16

James went scoreless over the final 16 minutes in Game 3.



MEMORIAL CUP STROME ENJOYS HISTORIC NIGHT

Erie Otters centre Dylan Strome celebrates one of his four goals against the Saint John Sea Dogs on Monday in Windsor, Ont. Strome set a tournament record for most points in a single game with seven as the Otters won 12-5 to improve to 2-0. The Sea Dogs fell to 0-2. The Memorial Cup wraps up on Sunday with the national championship game.

ADRIAN WYLD/THE CANADIAN PRESS

Indianapolis 500 pole-winner Scott Dixon and retired three-time race winner Dario Franchitti were unharmed after being robbed at gunpoint in the drive-thru lane of a Taco Bell making a late-night food run, police said Monday.

The robbery happened shortly before 10 p.m. Sunday at the fast-food restaurant less than a mile from the Indianapolis Motor Speedway, where Dixon a few hours earlier had won the top starting position for next Sun-

MAKE IT TODAY

Generous Banana and Coconut Smoothie Bowl

PHOTO: MAYA VISHNE

Ceri Marsh & Laura Keogh
For Metro Canada

If you love a smoothie but miss the action of "eating" something, then a smoothie bowl with its cereal-like feel and generous toppings is where it's at for your breakfast.

Ready in 10 minutes

Prep time: 5 minutes
Makes: 2 servings

Ingredients

- 1/2 cup milk or coconut milk
- 1 cup plain Greek yogurt
- 2 frozen bananas (you know to peel them before you put them in the freezer, right?)
- 2 tsp coconut oil
- a couple scrapes of lime zest

Optional toppings

- Sprinkling ground chia
- Sprinkling flax seed meal
- 1 Tbsp of muesli
- 2 Tbsp pomegranate seeds
- sunflower seeds
- apple slices
- blueberries
- oats

Directions

1. Place the milk, yogurt, bananas and coconut oil and lime zest in a blender. Whiz until smooth. Pour into a bowl and sprinkle with your favourite toppings. Serve.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

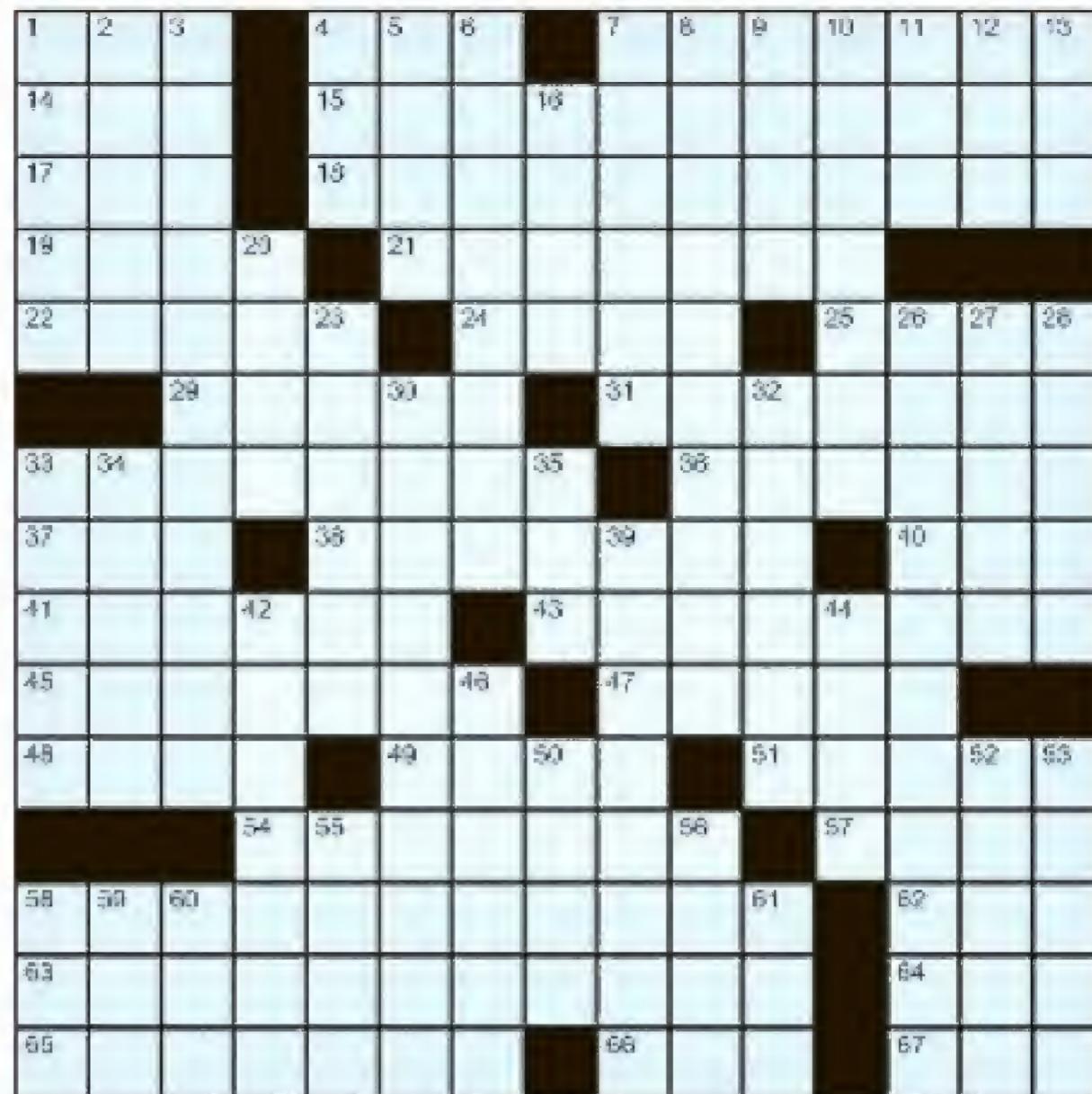
BY KELLY ANN BUCHANAN

ACROSS

1. Summer hrs. in Alberta
4. RKO competitor
7. Anne Shirley's sweetheart Mr. Blythe
14. Bungle
15. Where Hogwarts students go to buy supplies: 2 wds.
17. King: French
18. Transmitter of #33-Across: acr. + wd. + wd.
19. "Fame" character
21. 'Anti', 'Pre' and 'Pro' suffixes
22. Matinee stars
24. Ladies
25. Ancient promenade
29. Mikhail Gorbachev's late wife
31. Those saying "Ditto."
33. As per #18-Across... Randy Bachman's ... (The Canadian rock star's superb songs-spinning show)
36. Outfit the boat with a new sail-support
37. Beverage brrrrr
38. Dis-occupied the premises
40. "Help __ think I'm falling..." - Joni Mitchell
41. Fashion designer Pierre
43. Michelle Pfeiffer's DC Comics movie role
45. Green
47. Ms. Knightley
48. Jon of NBC's "Chicago PD"
49. Informality
51. Astonished sounds
54. Fox's characteristic
57. Hightail it
58. The ___ The Quest for the North West Passage and the North Pole, 1818 - 1909 (Pierre Berton book)
62. It means 'Ear'
63. Khao Man Kai and Chirm Chum are dishes in it: 2 wds.
64. Baking amt.
65. Notion
66. Belonging to Minneapolis' 1st state
67. Princesses Beatrice and Eugenie's mum's

DOWN

1. " __ beaucoup!"
2. Dickensian character Edwin
3. Like a Vicks cough drop's shape
4. Gladiator's 1600
5. Bee Gees sur-
6. Canadian fiddler Ashley
7. Beard style
8. Not divisible
9. Secular
10. Flower
11. Bitty Brit band
12. Stimpy's pal
13. Nautical rope



16. David of "Rhoda"
20. Oil of __
23. Nissan car model
26. Sports in Canada... Harvey the Hound and Leo the Lion: 2 wds.
27. By land __ (Explorer's travel options)
28. John of "The Adams Family"
30. 2017 marks this coveted trophy's 125th anniversary: 2 wds.
32. Owl for Harry Potter
33. Smoking and gambling, for some
34. 'Veni' meaning in Julius Caesar's boast: 2 wds.
35. __-Man
39. Prepares to release the arrow: 2 wds.
42. Radical, as measures
44. Komodo dragons
46. "Darn!" 2 wds.
50. L'il religious addresses
52. Fall guy
53. Ceases
55. Particular parasites
56. __ Fein (Irish republican party)
58. Airport tower [acronym]
59. Pi's follower
60. Tin
61. Abitibi article

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a busy, fast-paced time for you, which is why all your communications with others are in rapid staccato delivery. This is a good day to shop for wardrobe items.

Taurus April 21 - May 21
The Moon is in your sign today, lining up with chatty Mercury. This makes you talkative and eager to begin things. Any new venture will appeal to you.

Gemini May 22 - June 21
This is a vigorous time for you, with the Sun and Mars in your sign. Ideally, you should get more physical exercise to blow off any pent-up steam.

Cancer June 22 - July 23
A discussion with a female acquaintance or friend will be significant today. It appears as though someone wants your creative input or advice about something.

Leo July 24 - Aug. 23
Others might notice you today; it's quite likely because you have something to say. You might make an announcement or even be elected to head a group or club.

Virgo Aug. 24 - Sept. 23
Because you hunger for change and stimulation today, try to do something different. Travel, if possible. Visit somewhere you've never been before — a store, restaurant or neighborhood.

Libra Sept. 24 - Oct. 23
Discussions about shared property, taxes, debt and anything that you own jointly with others will be significant today. Fortunately, with Venus opposite your sign, relationships with others are smooth.

Scorpio Oct. 24 - Nov. 22
This is a chatty day! Quite likely, you will attract someone who has a lot to say. Disputes about shared property and inheritances continue.

Sagittarius Nov. 23 - Dec. 21
Remember to get more sleep during this time, because you need it. Today you will focus on doing anything that makes you feel better organized. This includes dealing with a pet.

Capricorn Dec. 22 - Jan. 20
You're in a playful, prankish mood today, even though work still is your top priority. Take a long lunch. Enjoy sports and playful activities with children.

Aquarius Jan. 21 - Feb. 19
A discussion with a family member might be important today. This is a good time to focus on home repairs or discussing family plans.

Pisces Feb. 20 - March 20
During discussions with others today, you want to get right down to the nittygritty. You won't be interested in superficial chitchat.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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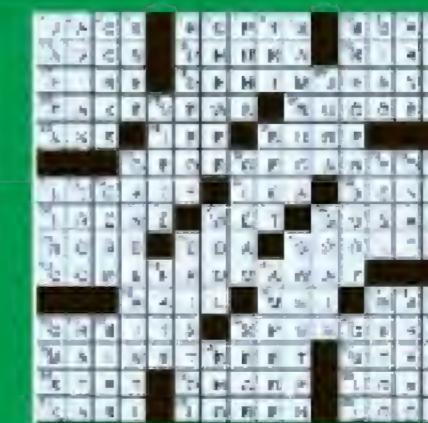
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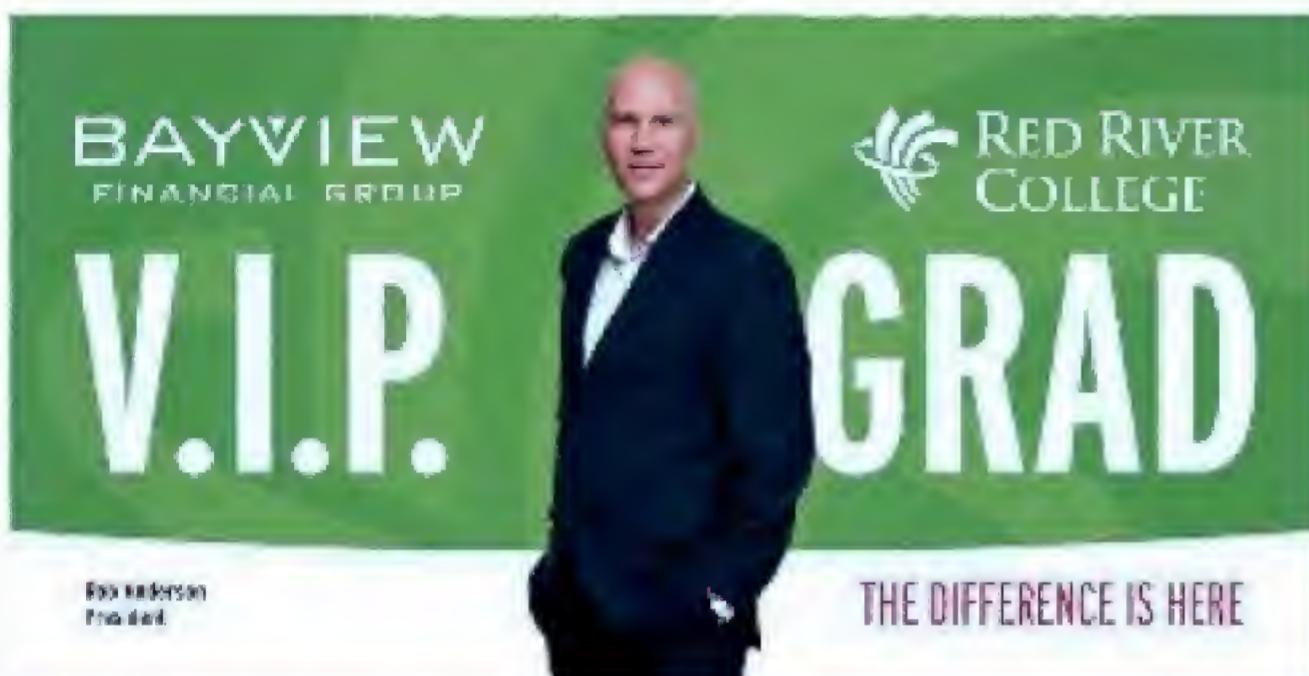
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Your daily crossword and Sudoku answers from the play page.

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